Turquoise
Hematite
Chrysocolla
Tigers-eye
Quartz
Tourmaline
Pyrite
Sugilite
Carnelian
Snowflake
Obsidian
Moss
Agate
Malachite
Rose
Quartz
Ruby
Jasper
Amethyst
Lace
Agate
Lapis
Lazuli

GEMSTONE & CRYSTAL LIGHT THERAPY

A BEGINNERS GUIDE

By

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CRYSTAL LIGHT THERAPIST

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Chapter I

An Introduction On How Crystals Are Formed

Crystal are the treasures of the earth, the fruits of the mineral kingdom and come from a time when the earth was formed. Crystals are named from the Greek word Crystallos, which means cold ice, people of that time thought crystals were pieces of ice, so cold they were frozen for all time. Researchers soon discovered that crystals grew in repetitive addition of layers of new matter. That as time went by the crystals changed shape, structure and their energetic blueprint. The earth is constantly changing and shifting, causing new changes to reflect in the inner sanctions of the earth. Which are thus reflected magma and gases of the earth's surface, from which crystals are formed.

Crystals are made by the combining properties of oxygen and silicon, which form silicon dioxide, better known to us as quartz crystal. Many elements combine with each other to produce a variety of crystals, basically crystals are based on a system of growth stemming from three axis points, which further expands to the seven geometric system. From this system stems a multitude of various crystals of different shapes, sizes and colors. Crystals are grown by new matter being added to the original crystals embedded within the earth. This explains the multitude of new and different crystal being found today.

Katrina Raphaell says in her book, "Crystal Enlightenment", that,

"Nearly all crystals are created by the repetitive addition of new matter to a growing crystalline mass. Some crystals have their origin in the magma or fiery gases of the earth's surface. These minerals, which include quartz. Are called magmatic or igneous. They form by the solidification of this molten material as it cools and hardens. As the molten rock mass cools the atomic group together to form the essential regularity which determines the shape and composition of the crystal. Some crystals grow from vapors in vents in volcanic regions.

She goes on to say in the same book,

"Some crystals form from water solutions or grow with the help of organisms on or near the earth's surface…Lastly, new minerals are formed by the recrystallization of existing minerals under great pressure and high temperatures in the lower regions of the earth's crust. These metamorphic minerals undergo structures and chemical changes after the original formation. These changes will reorganize the atoms, and crystals. An example of a metamorphic mineral is garnet. No one really knows how long it takes for most crystals to form. Some speculate that it takes thousands of years, others say that when the elements are right, crystals could form in an instant. Whatever is Mother Nature's secret, she conceives, incubates and gives birth to a wide variety of exquisitely beautiful crystalline forms."

Crystals are formed from within the three layers of the earth : The core, mantle, and crust. The intense heat at the core creates the molten rock, which is then mixed with water and other earth elements to create various forms and deposits of minerals, crystals, stones and rocks. These minerals are formed through the process of precipitation, crystallization& recrystallization and by changing the chemical makeup.

-Precipitation: Is the process where various elements combine with water to create a new chemical structure.

-Crystallization & Recrystallization: Is the process where elements are forced together to create crystals, minerals, and rocks. Whereas, recrystallization is a double process of crystallization where the mineral undergoes chemical changes through high pressures and heat to create new structures, thus new minerals.

-Changing the chemical makeup: Is the process where the earth's original environment and chemicals are changed to bring about new minerals. For Example, oxidation, combustions etc.

Crystals have two main characteristics to them, which are that they are piezoelectric and pyroelectric in nature. Piezoelectric means to get electricity by compression. For example when a crystal is compressed, electricity is released and the crystal generates an electrical frequency that gives the crystal its power. This energy can be used to heal, meditate upon, as it interacts and intermingles with our energetic systems. The second characteristic of crystal is called pyroelectric, this comes about by increasing the temperature of the crystal by rubbing it. The increased temperature brings out the electrical energy of the crystal, which can be used for healing, meditation or whatever purpose crystals can be used for.

Chapter 2

History of Crystals

Crystals have been in use since man started to explore the earth and its many treasures. Crystals themselves are as old as mother earth. Since then crystals have been used for many purposes, such as healing, ceremonies, meditation, good luck charms, to ward off evil and psychic attacks, decorations, divination, gaining virtues and wisdom, wealth and beauty. The high priests of antiquity used them in their breast plates, their chalices, swords and various other sacred ornaments of the church. Many kings and queens wore crystals on their crowns and robes to signify their royal status.

Scott Cunningham says in his book, "Encyclopedia of Crystal, Gem, and Metal Magic", that,

"From the earliest prehistoric times to our technological age we found beauty, power, and mystery within stones and metals with their power we can change ourselves and our lives. Stone magic is as old as time. It began when the earliest human sensed some force trapped within the stones that surrounded them. Stones were probably first used as amulets, objects worn to deflect negativity or "evil". Later they were revered as deities, offered as sacrifices, and buried for blessings and fertility of the land. Their use is intimately connected with religions, rituals and magic."

As we explore the ancient cultures and civilizations of the world, we find the Egyptians believed in the mystical powers of crystals and used them to heal many illnesses. They invented a system of how the color of the crystal corresponds to a certain energy center of the same color. The color of the body part and associated energy center was matched to the color of the gemstone. The Egyptian Royalty and high religious officials were usually buried with gemstones, crystals to guide them in the underworld.

Another great civilization that used crystals in their everyday life was Atlantis. They used crystals for everything, technology, such as their flying vehicles called Vimanas. Vimana's used crystal technology to fly, and communications equipment used crystals as well. Crystals were also used for healing, for recording information and telepathic communications. It was said that the wise ones of Atlantis programmed various types of crystals with information and sacred knowledge that would help future generations. When the time was right, those crystals would appear on earth to help humanity evolve.

According to Edgar Cayce, who is known as the Sleeping Prophet and an authority on Atlantis lore. The Atlanteans had unique technologies that used powerful crystals as the source of their power. These crystals were huge and possessed great strength of these unique technologies. They were known as "Fire-Crystals". It has been said that the misuse of these "Fire-Crystals" was the reason for the sinking and destruction of Atlantis. The power of "Fire-Crystals" were akin to the nuclear power of today. It is said that these crystals still remain under water in the Bermuda Triangle. These Fire-Crystals still emit some sort of energy fields that disrupt passing by aircrafts, ships etc.

Furthermore, the bible also talks about the use of crystals. In the Exodus we are told how Aaron (brother of Moses) was given the power of God by using twenty-seven different crystals in a specific formation on his breastplate. When this breastplate was put on the chest area, above the heart center, the wearer would be endowed with special powers.

Melody says in her book, "Love Is in the Earth a Kaleidoscope of Crystals", that,

"The Christian Bible refers to crystals over 200 times. Recall, the spirituality crystalline city whose walls were made of crystals, whose gates were of pearl, whose streets have no dust but gold dust, whose crystalline light falls upon the crystal sea and crystal river, and where souls that are clear as crystal are jewels forever in the crown of the redeemer. Precious stones of crystalline formation were used in the foundation of New Jerusalem [Revelations]. They were also used in the breastplate of Aaron the Hebrew high priest[Exodus]; note that there are several translations regarding the stones used in the breastplate hence, each stone, which has been previously defined as having been used in the breastplate [a total of 27 from the various translations] is referenced within the text describing the stone. Crystalline structures have been found in the ruins of Babylonia and in the ancient tombs of Egyptian and Chinese rulers."

In the Indian culture, the Hindus used stones for protection and healing. The Greeks, Tibetans, Romans believed crystals influenced and affected the physical body and thus wore amulets and talisman's made of crystal and gemstones. This aided the wearer in healing, to ward off psychic attacks and to gain wisdom. Some would recite mantras or words of power to enhance the power of gemstones and crystals.

Ancient Buddhists and Tibetans used crystals bowls for healing and producing light, for protection, and also crystals were found in their sacred mandala's. The Chinese used crystals for healing meditation. Jade was known to be the most common crystal to be used by the Chinese culture. Many Jade statues, ornaments decorated their homes and temples with the belief of bringing courage and wisdom in their daily life. Their warriors used them in their breastplates, shields and swords to enhance the power of protection and courage.

The Mayans were said to use crystals as vision stones. They would layout the crystals in an elaborate formation on ley lines, the earth's energy veins. The website www.ehow.com/facts_5460562_history_crystals.html, states that,

"In Peru, Spanish chroniclers recorded that when they invaded the Incan Empire and captured the king and queen and the priests immediately fled to the Temple of the Sun in Cuzco, where they communicated with other regents of the land, and decided what was to be done, by gazing into the black mirror situated at the temple center. Significantly, the Incan Temple of the sun, and the pyramid

complexes of the Maya's were all located on earth energy lines. There is thus reason to believe that the ancient possessed the ability of transmitting images along these lines, and crystal lenses or screens were used at specific centers to transform the images into pictures, much like a modern television set."

The black mirror that the Mayans used was black obsidian. The Mayans also used crystals to diagnose and heal diseases. The Native American, the Aborigines of Australia, the Africans all revered the uses of crystals as healing stones and gemstones that held supernatural power that helped them travel in the dream world. Witch doctors, shamans and healers used them to detect illnesses by moving the stones over the physical form and concentrating on the energy fields and energy centers. By this, they were able to diagnose energy blockages that caused the disease to manifest.

In our present time, our modern everyday technology is using crystals to transmit energy, memory chips, computers, watches, ultrasound devices, radio, and all use quartz crystals to operate. Liquid crystals is being used in advanced technology. The energy field of the quartz, when cut in a specific configured or shape can be used to control electronic equipment and capacitors.

Chapter 3

The Mineral Kingdom

Crystals come in many shapes and sizes and color combinations and many different frequencies. They have energy, and can retain, transfer, and transmit that energy. A mineral is a naturally occurring substance which is formed within the earth. The website www.meriam-webster.com/dictionary/minerals describes a mineral as an "a substance (such as quartz, coal, petroleum, salt, etc.) that is naturally formed under the ground." Or "a solid homogeneous crystalline chemical element or compound that results from the inorganic processes of nature; broadly: any of various naturally occurring homogeneous substances (as stone, coal, salt, sulfur, sand, petroleum, water, or natural gas) obtained usually from the ground."

The Main Characteristics of Minerals

These characteristics help describe and identify a mineral. They are as follows;

-Color: of a mineral helps determine the frequency of the crystal.

-Hardness: of a mineral is tested by scratching the surface. How difficult it is to scratch the surface determines the hardness. This type of test is called Moh's Scale. Another way to test the hardness of a mineral is called the Diamond Indentation Method.

-Density: of a mineral describes how dense a mineral is, for example darker minerals are dense, whereas lighter color minerals are less dense.

-Cleavage: in a mineral is the split line which weakens the structure of the mineral.

-Fracture: in a mineral can cause splits in any direction. This basically happens when a mineral is broken or forcibly crushed.

-Luster: Is described as the quality of light, which comes from the minerals. How luminous a mineral is or is not. How transport or opaque.

Structure of Gemstones & Crystals-The Crystal Systems

Minerals form through atoms and their forces, that result in creating the faces of a crystal. Then the mineral, rock or stone is categorized in the crystal system depending upon the number of faces it displays. The categorization of the minerals is found in The Crystal System and was introduced by Rene-Just Hauy. This system consists of seven groups in which crystals can be categorized. There are some mineralogists that include two more systems to complete the crystal system

Triclinic Crystal Structure: aids in personality disorders stemming from inappropriate habits, attitudes and belief system. These crystals bring balance where it's needed and taps into our deeper consciousness. Exp turquoise, kyanite, rhodonite, labradorite

Monoclinic Crystals Structure : Bring clarity of thoughts, clear blockages of mind, body and spirit. For example, Jade, Malachite, kunzite, Selenite, Moonstone.

Orthorhombic Crystal Structure: Aids in removing old habits, belief system and unwanted energies. Good for cleansing/purifying and bringing in new perspective and focus. For example Topaz, sulfur, peridot, danburite.

Trigonal Crystal Structure: Works with the human energy system by balancing the subtle energies. For example bloodstone, carnelian, agate, calcite, ruby, sapphire, amethyst.

Tetragonal Crystal Structure: Aids in absorbing negative energy and transmuting it into positive energy. It also helps to attain balance with opposite. For Example Zircon, apophyllite, rutile.

Cubic Crystal Structure: For growing stability and connecting to source of being. Aids in understanding the reality of a situation. For example Diamond, garnet, fluorite, sodalite, pyrite, copper.

Amorphous/Non crystalline: consists of stone such as obsidian and amber

Organic forms: Consists of stones such as pearl and coral.

Lapidary (Gem cutting)

Polishing and cutting gems is called lapidary. Stones, gemstones and minerals are cut polished to form a wide variety of beautiful items, such as cabochons and cameos. A Gem cutter cuts and polishes gemstones by using fine grits of hard minerals by the process of progressive abrasion. For Example chromium oxide, tin oxide, aluminum oxide, silicon carbide and diamond is often used to cut and polish gemstones due to their hardness.

If gemstones and crystals are not cut or polished they will be considered rough stones. Whereas if they are lightly polished or smoothed out is considered cabbed gemstones. There are many ways to cut and polish gems, some of which are as follows;

1. Tumbling is the process where the rough stones or material are placed in with abrasives in a barrel that is revolving. They stay in this process till a high level of polish becomes visible. This process is the least expensive of lapidary techniques, and the most simple. Tumbling barrels are most often seen in hexagonal shape. This enhances the stirring process of the rotating barrel. To view the progress of the stones the tumblers are stopped. Some tumbling barrels use vibratory tumblers, which makes it simpler to view the progress of stones inside the barrel. This simple process of tumbling can take up to several days or even weeks. A large amount of rough stones are placed in the barrel and turned at slow speeds with water and abrasives till they are smoothed to desired shapes.

2. Faceting is the process of creating many faces in gemstones and crystals. It is usually done by the process of putting a gemstone on a metal dowel, which is then fitted into a quill. Faceted stones are gemstones with flat facets over the entire surface. A faceting machine is used to create these facets. This machine consists of a motor that turn, a water supply, a mast that is adjustable along with a protractor for angle and index gears. The modern gem cutting machines have concave facets, grooves and combinations of cabbing and faceting to create new designs in faceted gemstones. In making facets through the faceting machine the three vital elements of this process is the angle, height and index triangle. The height determines the depth of the facet, the angle determines the slant of the facet, whereas the index determines the placement of the facets. www.gemsociety.org/article/how-to-facet-gems/ explains this process in four simple steps…"For the most part, you can take all the mysticism and incantation, secrecy and ritual and downright nonsense, roll it up into a ball and toss some in a faceting scrap heap. Faceting consists of four simple elements: a) a person to set and hold the machine. b) The faceting machine. c) Abrasive disks to do the cutting and polishing. d) a piece of natural or man-made crystal to cut. It may look complex, but one must merely glue or attach a stone to a metal dowel (called a dipstick, then set the machine's mast (for it), adjust the protractor or quill position (for A) place the trigger grip in the numbered notch in an index wheel (for I). Next s/he lowers the stone to the abrasive lap wheel and monitors cutting and polishing progress. There really isn't much more to it than that which is why faceting can actually be learned in a few hours."

3. Cabbing is the process of cutting and smoothing out gemstones without facets to produce cabochons. Oval is the most common shape in this process. In cutting gemstones and minerals you will require a saw, on a thin circular blade. There are various sizes of circular rock saws that can be used in the process of sawing gems. For Example a trim saw is used for sawing and cutting small stones. Gems are cut into thin slabs and can be further cut into smaller pieces. A slab saw can be used for cutting thick stones into thin slabs. . A facetor's trim saw is used cut small section of rough stones. To cut stones it is important to first outline the area that needs to be sawed, with an aluminum pen and ruler. Then cut away. Cabochons are round, smooth and polished at the top and flat or rounded at the bottom. A cabbing machine has many wheels holding a progressive series of silicon carbide or diamond grit. The Machine is then turned by a motor and arbor, along with water container that provides lubrication and cooling and the washing away of excess materials and debris. The water keeps the stone from heating up.

4. Next we move onto the Grinding process, which is shaping the gem. Grinding is performed with diamond-impregnated wheels or silicon carbide wheels. In both the sawing and grinding process water or oil can be used to remove excess debris. The water is used to avoid overheating and as a lubricant. For more detailed instructions on Grinding you can go to the website www.gemsociety.org/article/fundamentals-of-lapidary-part4-cabochon-cutting/. Once the shape of the gem is visible you can smooth out the coarse edges by sanding.

5. Sanding smoothes out the rough, coarse areas by using finer abrasives. All scratches left by the process of grinding are smoothed out.

6. Lapping is used to get flat surfaces on a gemstone. It is done on a vibrating flat disk called a lap.

7. Polishing is done when a gem has reached its desired shape to give a finished look. A variety of polishing substances can be used to achieve the end result. For example fine grades of diamond, metal oxides, or silicon dioxide can be used as polishing agents. For cabochons polishing agents such as wood, cloth, leather can be used. Whereas for faceted stones you can use tin, lead, feet, and pillion to polish.

These lapidary techniques bring about a variety of gemstones in different shapes and sizes as well as different forms. For Example Cabochons, faceted stones, beads, spheres, inlays, cameos and mosaics, and sculptures.

Various Shapes and Sizes

Crystal Spheres: are spherical in shape which makes it possible for energy to emanate from all sides. It purifies and gives energy to the aura. It can be used to prevent and heal degenerative Illnesses.

Pyramids: focuses and send out energy like an amplifier. The energy comes out of the apex. The energy in the form of a pyramid preserves items and charges it with energy.

Faceted Crystals: The faces of the faceted crystals will give the direction of where energy flows from the stone.

Clusters: are good to be used in groups to bring peace, love and well-being and harmonious relationships within families.

Phantom Crystal: this crystals displays a stone within the stone. This stone facilitates humanity to come together and work to save our planet earth. It also enables us to view the many experiences of life.

Twin Crystal: Two crystals stuck together and growing in parallel alignment. Helps find soul-mate, promotes togetherness and loving relationships.

Manifestation Crystals: Is a crystal that has a smaller crystal held inside the larger one. It shows that the divine is within our self. It can be used to stimulate creativity and artistic endeavors.

Tabular Crystal: is found in a flat shape with both sides being flat with notches. Aids in stimulation of communication, ideas, and balance.

Rainbow Crystal: These crystals have a rainbow colored energy. The insides of these crystals have rainbows inside, which brings optimism, hope and happiness.

Key Crystal: A crystal with small indents and angles on the side. A concentration of energy coming out of the apex. This energy is used to open new ways to healing and unlocking doors and answering questions.

Window Crystal: Has an extra face shaped like a diamond. It enables us to see our souls and spirit realms.

Double Terminated: Both sides of the crystals are faceted. These crystals promote psychic ability. It also harmonizes the mind, spirit and body. It can also aid in dream recall.

Large Crystals: Can be used for increasing positive energies in the environment. It can be used as protection against external and negative psychic energies.

Curved Crystals: have sides that are curved, with curvy shape. The powerful energy of curved crystals is used to purify the auric fields. It also enables one to make decisions and have flexible attitude.

Bridge Crystal: A crystal that has a small crystal partly in and out of the bigger crystal partly in and out of the bigger crystal. It bridges the inner and outer worlds. Open multidimensionality of the universe and spirituality of the self.

Channeling Crystal: Is a crystal with a seven sided face in the front, and at the back of the crystal there is a triangle. This crystal enables connecting to the higher wisdom from the universal consciousness.

Barnacle Crystal: A crystal with small crystals covering it. This crystal is used for family and community problems. It promotes group togetherness and working together. The main crystal is the older soul and is filled with intelligence and wisdom and trust that attracts the smaller crystals to it.

Elestial Crystal: Has terminations over the face of a layered or etched crystal. It helps in overcoming burdens, aligns the mind and heart and to look with to find love.

Empathic Crystals: Are damaged/chipped. They facilitate empathy, kindness, and compassion.

Egg-Shaped Crystals: Oval shaped crystals allows one to read auras and scan them for blockages. It can be used in massaging the acupressure points, in shiatsu, zone therapy, and reflexology.

Chapter 4

How to Heal with Crystals

Crystals when used for healing assist in the balancing of the energies of the auric bodies and chakras. They do this by assisting and maintaining the chemistry of the physical, emotional and intellectual bodies. The energy (vibrational frequency) of the crystals amplify the vibrational frequency of the physical form. This they do when we use the crystals to impact the major energy centers, called the Chakras. The crystals energy field interacts and intermingles with the vibrational frequency of the chakras and the part focused on. The energy centers of our system are further associated with various organs of the physical body. Marion McGeough says in her book, "Crystals Healing and the Human Energy Field: A Beginner's Guide", that

"…Crystals can facilitate healing and increase one's vibrational energy…"

By aligning the energies of the crystals to the infected part, healing can be initiated. Crystals bring in new energy (vibrational frequencies) in the older systems. The new vibrational frequency brings about a new perspective into a stagnate situation. Each crystal has its own personality, energetic pattern and can be used to treat different ailments. With right intention and focusing the energy of the crystal on the diseased parts, the illness can begin to heal.

The shapes of the crystal also plays an important role in determining the energy flow of the crystal, which can be used to heal the subtle bodies. The energy flow works through the different shapes of the crystals to manipulate the energy fields of what it comes in contact with, for example body parts.

Scott Cunningham says in his book, "Encyclopedia of Crystals, Gem, and Metal Magic", that,

"In the shape lies the magic"

Crystals shaped in the form of a square are good to use for prosperity and grounding. They also symbolize the earth. Pyramid shaped crystals use the top of the crystal for bringing energy in and out. Crystals that are roundly shaped promote the feminine energies and aspect. They are receptive, represent fertility, magnetism, and attraction. They can be also used to enhance psychic abilities, increase money sources and spirituality. Crystals in the shape of spheres are mainly used in scrying. Long stones or wands on the other hand represent the male aspect and energies. These shapes project energy and electrical power. Egg shaped or oval crystals are good to increase fertile grounds for new ideas, to enhance creative endeavors. They can also be used to aid in conception. Crystals that have holes in them are considered to be sacred and are often used in ritual ceremonies. Crystals that are formed like different parts of the human anatomy. These stones can be used to aid in healing the specific part of the body, that the crystal is shaped like. For example heart-shaped stones can be used to treat heart ailments and promote love relationships.

Another important factor in healing with crystals is their color. The color of the crystal can be matched up with the energy center in question to heat. The color of the crystal is one of the major aspect in healing a certain chakra.

The World of Subtle Energy

Subtle Energy is the energy of the universe, the fabric of the cosmos, it is infinite, limitless, the stuff that creates everything. It is also known as chi, qi, prana, etheric energy, universal consciousness. Subtle energy operates on vibrations and its varying degrees of expression. Our world and everything in it is made up of a certain degrees of vibrational frequencies. Crystal Therapy is a vibrational energy medicine that manipulates energy at the subtle levels. For instance, disease always starts in the subtle bodies, our invisible, energetic fields surrounding our bodies. Since everything in the universe has a vibrational frequency, an energetic field is manifested in the same shape of that object. This energetic field is called an aura.

Our energy bodies consists of two sets energy systems that are interconnected and intermingled into our physical form. The first subtle energy system consists of wheels of energy or spinning vortices of energy called chakras. This subtle energy system consists of seven major chakras, which are found on a vertical column starting from the top of the head down the spine. Each energy center receives energy from our actions and transforms and transmits it to its proper place. The chakras are storehouses of information of our actions, thoughts, and feeling that have affected us in our lives. There are also twenty-one minor chakras and many lesser chakras, located at different points of the physical form.

Furthermore, there are many other tiny energy centers, which are known to the Chinese as acupuncture points. For this course I will only discuss the seven major chakras;

1. Root Chakra: Is red in color and is found at the base of the spine or under the navel. It is the center which grounds our physical energy into vitality and manifestation. It brings a solid foundation into our being. Our will to survive and live to the fullest is stimulated and activated in this chakra. Our instincts are housed here. The root chakra is related to the coccyx, the adrenal glands, the large intestine, the male sexual organs, and coccyglelanglion.

2. Sacral Chakra: Is orange in color and is found a little below the navel, but above the root chakra. It is where our creative ideas are born. Female sexuality and emotions reside here. Especially the ovaries in the reproductive organs and the testes. It is also related to the ganglion and sacral vertebrae.

3. Solar Plexus Chakra: Is yellow in color and is found under the sternum, under the chest area. This chakra is attuned to the intellect, personal power. It gives energy and power to all our goals that we want to manifest. This chakra is related to the stomach area and digestion, the adrenal gland and solar plexus nerve.

4. Heart Chakra: Is green in color and found in the center of the chest area. It is also associated to the color of love, rose pink. It is known as the chakra where love compassion, empathy and divine love exists and is further stimulated to become universal, higher love. The heart chakra is related to the thymus gland and heart and integrates the emotional and physical aspects of the heart. It is the center of our being on the physical, spiritual, emotional and mental level.

5. Throat Chakra: It turquoise blue in color and is found above the collar bone in the neck area, in the cleft of the throat. This chakra is associated to speech, expression of thoughts and creative words. It supports verbal communications and mental thought processes. This chakra is associated to the thyroid glands, their cervical ganglia medulla. Our feelings, thoughts, concerns, ideas are expressed through this chakra.

6. Eyebrow (Third –Eye) Chakra: Is indigo in color and is found in between the eyebrows at the center of the forehead. This chakra represents psychic powers, intuition, and spirituality. Our visionary processes are housed here by our ability to get visual information. It is related to the Pineal Gland and hypothalamus and pituitary gland.

7. Crown Chakra: Is pearly white. It is found on top of the head. This chakra represents oneness with the divine will of God, wisdom from the universal consciousness. It is the gateway between the unknown and known. This chakra is associated with the cerebral cortex, pineal gland and the nervous system.

Brenda Hunt says in her book, “Healing Crystals: A Guide to Working with Amethyst”, that,

“Each chakra is associated with a specific gland and hormone in the body…”

The energy is transported to and from the chakra by channels called Nadis. Channels of energy work alongside our blood flow, similar to rivers and streams are our vein and arteries and nadis of energy. There are approximately 72,000 channels of energy in our bodies energy system.

The second subtle energy system is manifested as energy fields on the auric layers found outside the body in a luminous veil. The aura consists of seven layers operating at a different vibrational frequency. Each field operates as a real body. These fields are laid out as blueprints to our physical body. The physical body is an expression of our souls to manifest our self on the physical level. It is the vehicle from which our soul lives out on the physical world.

The seven layers of the Aura are as follows;

1. Etheric Body-The first layer of the auric field and is related to the functioning of the physical body, and its sensations of pain and pleasure. This layer is linked to the root chakra. It’s the

blueprint of our physical form. It supplies information on the cellular level aiding in the development, repair and healing of the physical body.

2. The Emotional Body: Is the place of our feelings and emotions. Whatever we feel leaves its residue here. This layer is linked to the sacral chakra. This layer vibrates at a higher frequency than the Etheric Body.

3. Mental Body: Is the place where all of our thoughts and mental processes reside. This layer is linked to the solar plexus chakra. It shows the energy of what we think, believe in and our ideas. Our mental images take shape here, along with our perceptions and inspirations. Our inner reality is expressed through here.

4. The Astral Body: Is related to the heart matters of love and compassion. This is the layer where the lower energies are transmuted to become the higher energies of universal love. This layer is linked to the heart chakra.

5. Etheric Template Body: Is the place where our higher will takes over. This is the higher body of the Mental Body. The divine will can be experience by taking responsibility for actions. This layer is linked to the throat chakra.

6. Celestial Body: This layer radiates unconditional love and compassion for all life. This layer is linked to the eyebrow chakra. This layer brings clear seeing through the process of receiving and processing our visual information. The ability to clearly see makes one Clairvoyant. Which means to be able to get mental images from the integration of pure energies coming from the universal consciousness.

7. Ketheric Body: Is associated with divine mind and spirituality. This layer is linked to the crown chakra.

The Aura is thus made up of all these layers. The seven layers are associated with the seven chakras. The aura contains all the information about our health, our lives, our thoughts and emotions. So once we understand our physical and subtle bodies, we can begin to see how we can bring about health and wellness in our lives. Diseases and illnesses begin in our subtle bodies. It can be first detected in the auric layers. If not prevented, it begins to manifest in the chakras (the energy centers) of our physical body.

Richard Gerber says in his book, “Vibrational Medicine”, that,

“In instances of disease or illness the Atlanteans recognized that the source of the disease lay not in the physical but in a higher body. Therefore, they always cured the higher body, not the physical.”

This is further validated by Marion Mcgeough says in her book, “Crystal Healing and the Human Energy Field: A Beginners Guide”, that,

“When any damage is done within the subtle field by stress or negative thoughts and feelings the aura will become damaged and holes will appear. These holes will let in more negative energy until the physical body becomes affected resulting in dis-ease. It is the aim of healers and crystal healers to repair the holes in the energy field and to release any blockages, thereby restoring good health and natural balance to the individual.”

In regards to this Barbara Ann Brennan says in her book, “Hands of Light”, that,

“…blocks when seen from the auric point of view is to disrupt the healthy flow of energy throughout the auric field and eventually to cause disease. They become what is sometimes called stagnated souls substance. They are blobs of energy consciousness that are cut off from the rest of us.”

Using Crystal therapy will help release any emotional blockages. It will let you experience the trauma by bringing out the memory of how you felt at that time, what you were thinking, what thoughts, images and feeling made you block out this experience. The most likely is fear, hate or love, which forces you to create a wall behind which you can remain safe. This will give you a chance to resolve or overcome whatever issue as the heart of this blockage. When the feelings, thoughts related to this experience or acceptance than the blockage will be released. Crystals can be used to release blocks by increasing the vibrational energy of the affected part. You can either wear the crystal in the form of jewellery or talisman or just by the process of laying of stones on the energy centers, or by just meditating with the crystal energy.

Chapter 5

Intention to Heal with Crystals

Another important aspect of healing with crystals is to make an intention to heal. To begin using crystals for healing, an intention to heal must be made in a positive way. Intention is the catalyst, the moving force behind all actions and manifestations. It is an invisible form of energy emanating from the source into all of existence. Everything in the universe is created with intention and has intent built into it. A seed has intention embedded within, that it will grow to become a fruit or whatever it is destined to be.

Wayne Dyer says in his book, "The power of Intention: Learning to Co-Create Your World Your Way",

"…Intention is a force that we all have within us. Intention is a field of energy that flows invisibly beyond the reach of our normal, everyday habitual patterns. It's there even before our actual conception. We have the means to attract this energy to us and experience life in an exciting new way."

Furthermore in the same book, Wayne Dyer says,

"Everything in the universe has intention built into it."

Creating an intention to heal is the first step for any healing to occur. Before taking any medicine without actually realizing, we create an intention to take that medicine with the belief that it will heal us. One's own belief and intention in the healing process is the key to starting and maintaining the healing process. Belief creates a directed thought that follows that path no matter what, even if the belief is false, the conscious directed thought will create a pathway to its completion.

Prentice Mulford says in his book, "Thoughts are Things", that,

"…if the thought of health, strength, and recuperation is constantly held to in the mind, such thought of health, strength and rejuvenation will express itself in the body…"

For example to heal a broken heart. Take a rose quartz and hold it in your hands. Make an intention to heal your broken heart, with a positive affirmation. Keep the focus and awareness on the thought and on the crystal. Now wear the rose quartz on the heart in a chain or just hold it in your hand and meditate on it for 15-30 minutes.

Intention is a powerful force that increases the effects of healing. A thought to heal holds the power to focus and direct the healing energy and influences to shift the negative, blocked state to a level where healing can take place. All you need to do is direct the thought to heal, to the part that needs to be healed. Focusing your energy on that certain thought gives energy and power to it. If you keep thinking of something over and over again. It will come into your life.

Lynn McTaggart states in her book, “The Intention Experiment”, that

“Perhaps intention also operate as highly coherent frequencies, changing the very molecular makeup and bonding of matter.”

She further says in the same book, “The Intention Experiment” that,

“…monitoring various healers and monks revealed that we can change the structure of our brains through our thoughts, Intention has the ability to influence the body’s chemistry.”

So to begin any healing with crystals it is important to program the crystal or gemstone with its specific healing intent. Just by programming the stone with a healing intention, powerful, dynamic forces are released, which initiate the healing power. This is because intention comes forth from a higher source, the universal energy, chi and this pure energy interacts with our thoughts and emotions and physical form to bring about creation and manifestation, with the play of vibrations. Intent creates an energetic blue-print for the goal in mind. Setting an intention creates an energetic path leading to the culmination what you set out to do.

Chapter 6

Working with Crystals

The next step after making an intention to heal using crystals is to become in tune with the crystal's energy and what it has to offer. This can be achieved but stilling the mind, through meditation, a prayer, visual techniques, exercising, or performing yoga postures.

Katrina Raphaell states in her book, "Crystal Enlightenment", that,

"Crystals are there for anyone and everyone who chooses to work with them. They easily become teachers and friends as they share their knowledge and secrets and lend their light and radiance for our healing. All it takes is an openness and willingness to listen to their silent voice as it speaks directly to your inner knowing. Crystals are representative of the light and if attuned to correctly can teach us how to gain access to and use more of our own light."

Crystals communicate to your inner truths in a very different way than you are accustomed to. The crystals energy might invoke images or spontaneous words in your mind. Believe them to be true, this is your intuition and inner knowing being revealed. If you ask a question 0r even ask for divine guidance, the crystals energy that is attuned to your inner self and truth will relay the appropriate symbols, images, messages to your mind. The crystals will in fact relay your own inner truth and wisdom. The crystal is only the mirror through which your inner divinity and higher consciousness is awakened.

The crystals work in a miraculous way to affect our consciousness, for healing and overall well-being. Just by putting a crystal in your room, you are purifying that space of negative vibrations and bringing in harmonious energy. Regardless of what you believe, the crystals energy will do its work, and our consciousness and subconscious will respond. So you can give crystals to people who don't believe in their power, the energy of the crystal will do its positive work.

Another way to get the healing power of crystals is to wear the stone as an amulet, necklace, ring, bracelet, earrings, or even carry it in a pouch. By this, one can balance their emotional mental states, which eventually will lead to physical healing and well-being. Various crystal jewellery is designed to affect different parts of the body and chakra centers. The energy of the crystals mix with the human energy field and energy centers (the chakras). The higher vibrational frequency of the crystals neutralizes the negative lower energies of the mental and emotional blocks and stresses. This makes room for newer higher energy fields to move in and bring about healing and well-being.

Another way to use the healing power of crystals is to make remedies or elixirs that can be taken as medicine or high energy drinks. The way to create such an elixir is as follows;

- Use pure spring water or distilled water in a crystal glass

-Wash the desired gemstones and crystals

- Place it in the crystal glass half filled with water, then place it in the sun, for at least three hours. You can place it in the sun for up to twenty-four hours. You can also leave it under the light of a moon.

- This will create a mother tincture, a powerful elixir.

- You can put it in a bottle with a dropper lid. And take 5-6 drops under the tongue four times a day.

- To preserve the elixir for longer periods of time, you can add half bottle of brandy with half a bottle of elixir.

Crystals and gemstones are generally safe to use. But as a precaution it is important to know that some stones might cause internal harm and not to ingest the, So it is best to research each crystal and stone before making an elixir, especially a powdered one. Using stones and crystals in other solutions such as oil, can be beneficial also, by keeping the crystals in the oil for several days can create a healing ointment that can be massaged into the skin.

In ancient times, crystals and gemstones were used to treat many weaknesses and disorders. For example, agate was used to dispel diseases caused by emotional and mental imbalances. It balances the yin-yang energies and eliminates negativity. The ancients created a gem elixir by putting the agate crystal in water and leaving it out in the sun. The energetic pattern of the crystal would be transmitted onto the water by solar heat. This high frequency deink would retain the healing properties of agate. Then the ancients would use it in cooking, drinking, and healing water.

Another stone that shows great potential to heal negative states is charoite. Charoite is a crystal that can change and transmute the lower negative energies into the higher, positive ones. Its energy field interacts and intermingles with the human field (aura) to purify it of its negative, stagnated, blocked state. It also works on the chakras by bringing in positive, higher vibrational frequencies of love and compassion. Its color is purple and pink, which are colors of higher consciousness and love. The charoite crystal brings about transmutation of the symptoms of illness and diseases to well-being. This crystal can be used to treat various illnesses, such as disorders of the eyes and heart, headaches and general aches and pains. It also improves the defects in the liver due to alcoholism, it improves defect in the pancreas due to high intake of sugars. It works to regulate blood pressure and the pulse rate. It can also assist the body in the detoxification of impurities, when taken in a liquid remedy state.

Gurudas in his book “Gem Elixirs and Vibrational Healing Vol. I”, states that,

“The context and nature of the properties and faculties of gemstones are that they have a direct correlation within the individual concerning the concepts of vibrations, which are based on sympathetic molecular structure. Gemstones stimulates healing within the body physical, based upon the principles of resonance or harmony and vibration. All things are in a constant state of vibration and in a constant system of harmonics and resonancy,”

Further in the same book, Gurudas says,

“…the body physical is healed through energy, energy upon the biomolecular levels, not even upon the level of chemical reactions but more so upon the biomolecular level. Real healing extends from the biomolecular to the cellular level, and eventually to the anatomical level, where it is brought into harmony with other levels of the body physical. This is because the biochemical properties of the body physical in their final element are based upon vibration.”

Healing diseases, mental traumas and disorders can be done by the diligent use of crystal therapy. There are various ways to use crystals to heal. The following are the most common ones;

1. Laying-of-Stones: Crystal healing can be done by the method of laying the stones on chakra centers, acupuncture points or nerve centers. Their vibrational energy fields interact with the parts of the body they are placed on, increasing the vibratory rate of the stagnated, blocked energy. The energy frequency of the color and stones bring new light, new energy into our physical from by integrating this new energy into the cellular structure. This new energy, is the crystal healing medicine, just like any conventional medicine we take when we are sick. Katrina Raphaell says in her book “Crystal Enlightenment”, that,
   “The stones act as catalyst to perpetuate and integrate more color and light into the subtle energies of the human aura. This increased energy frequency serves to dissolve and dissipate the dark shadows of the suppressed or unreleased pain that clouds the aura, confuse the mind and dis-ease the body.”
   The crystals when put on the energy centers can assist in dissolving old traumas, by letting old memories and emotions to resurface. This opens the door to the real source of disease. By consistent use of laying-of-stones on energy centers and practicing a focusing on each chakra, one can begin to find the real cause of the disease being experienced. This will allow the crystals to bring a new awareness to old thoughts and emotions, making it possible to let go of old traumas and the feelings that go along with them. When experiencing such states it is important to relax and breathe, so as to bring about an understanding of why the trauma occurred and how that experience has made you into a better person than you were. This is because now you have suffered and endured and conquered the problem and the disease, and by experiencing this a new way of thinking comes about, a new understanding dawn. Once understanding dawns, a new perspective can be initiated by adding positive affirmations and thoughts. Katrina Raphaell further says in, “Crystal Enlightenment”, that,

"…It is then possible to let go of old patterns and replace them with positive affirmations and visualizations that, in turn, will create a new physical reality. This conscious reprogramming process is one of the most powerful tools towards self-change and personal empowerment."
Crystals have the ability to affect the energy centers and auric field of the body acting as catalysts and stimulants to bring about health and well-being. The energy field of the crystal interacts and intermingle with the energy field of the chakras, transforming the negative distorted energy patterns to vibrate at higher positive energy patterns. Once this happens the chakras generate an energy field which is more vibrant and healthy. S
Since the dawn of time healers, seers, mystics, medicine men, witch doctors have known that by treating the energy centers of the body one can attain healing and well-being. They have known disease comes from within, therefore it can be healed from within. Just like any medicine system, we use external catalysts or remedies to bring about healing. In crystal therapy we use crystals as the catalysts to heal the energy centers, which thus affect the diseased area and heals it.

How to choose crystals to use on the chakras

Each chakra is associated with a certain vibrational frequency which in turn generates a certain color. The color of the crystal is matched to the color of the chakra to facilitate balance and healing. Some crystals can be used on all the chakras regardless of the color, such as quartz crystal.
Brenda Hunt says in her book, "Healing Crystals-A Guide to Working with Amethyst", that,

"Different crystals and color, and the vibrational energy of the color are linked to each chakra, and for this type of healing, the color is an important part of the choice that you make."

By applying the right color to our subtle energy centers we affect the vibrational frequency of the individual which transforms and raises the low energy state to a high vibration energy state. Color brings harmonious energies to our life, emotions and physical self. Therefore laying-of-stones is the process of using gemstones and crystals on the chakras, to balance, align and purify the energy fields and energy centers.

The following is some crystals that can be used in laying-of-stones;

The crown chakra: white/clear stones such as clear quartz, diamond, selenite, clear calcite, Angel Aura, White amethyst
The eyebrow chakra: purple/violet can also use dark blue, amethyst, violet spinel, lapis lazuli, azurite, sapphire
The throat chakra: blue, aquamarine, lapis lazuli, blue lace agate, aqua aura, sodalite, turquoise, kyanite
The Heart Chakra: green/pink, watermelon tourmaline, kunzite, jade, emerald, green aventurine, green tourmaline, green fluorite, pink tourmaline

The solar plexus chakra: yellow stones such as citrine, amber, yellow jasper, honey calcite, yellow jade, tiger's eye.
The sacral chakra: orange stones such as carnelian, sunstone, coral, orange calcite, peach aventurine, fire opal.
The root chakra: red/black/brown stones can be used, such as lodestone, garnet, black obsidian, black tourmaline, smoky quartz, red or brown jasper.

Now we can begin a laying-of-stone healing session

- lie down in a relaxed position
- put your crystals in accordance with each chakra, by color coordination.
- The gemstones and crystals will work to rejuvenate, balance and connect the chakras the crystals energy flow. When the chakra is energized it will also balance the related organs.
- Begin by imagining a red ball of energy at the root chakra and the color of the gemstone pouring and filling the red ball of energy. The energy of the crystal will intermingle with the root chakra giving it balance and the needed energy.
-Gradually work your way through all the chakras and their respective color.
- You can use soft meditation music or other sounds to enhance this experience. You can also add mantras and positive affirmations to stimulate the vibrational frequency further.
-Do this for 15-25 minutes to balance out your energy centers and auric field.

2. Massage with crystals: This can be done large round crystals and stones that are about the size of your hand. The stones can be put in oils, that are good for massage, or essentials aromatherapy oils, or even creams to massage the various parts of the body, such as back, arms, legs, and feet etc.

3. Crystals in a pouch: This consists of 3-7 stones in a pouch for good luck, to increase prosperity and wealth, psychic awareness, protection, guidance, spiritual attuning, to give courage. You can carry the pouch with you, in your pockets or purse or even wallet.

4. Crystal Hydrotherapy: Use the healing qualities of water with crystal salts to rejuvenate and heal illnesses, such as aches, pains, and spasms. It can be used to aid in healing muscle aches, sprains, strains, back aches, and tiredness.

5. Crystal Elixirs & Remedies: Making crystal water, by putting crystals in pure spring water and leaving it out in the sun for 12-24 hours. And then using it 3-4 times a day to rejuvenate and balance the body.

6. Crystal Grids: Using crystals in grids can be done in several ways. You can use crystals in different shapes such as circles, diamond, square, rectangle, or oval around the body to bring about healing, change and transformation. The following are the various shapes that can be uses to enhance the crystal meditation process by gridding the crystals in a specific shapes;

   -Triangle: pointing downward represents the female sexuality, water, goddess, religion. When pointing upwards it represents male power, fire and good luck.
   -Square: Addresses the four directions of the physical world, north, east, south and west.
   -Rectangle: Represents the female form, divine contemplation, intelligence, protector and brings balance to the four fold force.
   -Star: represents hope, love. Fertility, energy, optimism, ambition and prosperity.
   -Oval: Completeness, wisdom, longevity, a feminine shape and symbol for infinity.
   -Circle: Wholeness, unity, the goddess, and the feminine power, and symbolize sacred space.
   -Diamond: Good for family and home issues. Represents harmony, perfection, prosperity and abundance.
   -Hearts: represent love and romance and true everlasting love, financial gain and love for other beings.
   -Octagon: Eight sides symbolizes the middle region between earth and heaven, body and spirit. This shape stimulates the psychic abilities and is a channel for the light of spirituality.
   You can use the crystals in these shapes to create healing and change. For example, six carnelian crystals in the shape of a six pointed star can increase fertility and hold one in your hands. Another example is using four quartz crystals in a diamond shape around a person can aid in increasing abundance and wealth. To increase peace and serenity you can also use six amethyst in a circle around the person and hold one in your hands.

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Here are some crystals with their healing Metaphysical Properties and some basic health problems related to each chakra

1. The first chakra or root chakra imbalances lead to health issues such as reproductive disorders, infertility, back problems, constipation, diarrhea, water retention, varicose veins, sciatic, etc. The crystals that heal these imbalanced diseases are red, brown, black in color, such as black amber-which heal stress, depression and it focuses the mind by integrating feelings of being grounded, Red jasper is another stone used to heal this energy center, it is also a great protection stone. The root chakra uses gemstones and crystals that are red, dark red, black, brown or dark in color. For example red garnet, ruby, red tiger's eye, carnelian, black obsidian, smoky quartz, black tourmaline, magnetite, etc. Red carnelian is a crystal that works well to detoxify the liver and kidneys of impurities. It also purifies the blood and works to heal the root chakra by increasing fertility. It strengthens the will center and grounds the self. Smoky quartz is another good crystal to use in grounding and healing the root chakra from negative associations. Smoky quartz dissolves negative energy from the chakra by dissolving it from the chakra. It works to break down barriers and blockages that have been created by negative habits,

thoughts and feelings. It transmutes the stagnant energy into a more positive flow of balanced energy. So, it works well to heal the root chakra. It can also, be used to align the energy fields and meridians of the body, causing well-being and balance to occur. Smoky quartz creates a positive energy field that surrounds the user in a protective field, hence it can be used as a protective talisman against negative forces.

2. The second chakra, energy imbalances, lead to health problems like eating disorders, sexual problems, kidney disorders, etc. A person can also have phobias like becoming too attached or the opposite becoming too non-attached. To heal the sacral chakra we can use crystals such as orange calcite which dispels negative emotions and can also be used for protection. To heal this chakra orange and white crystals can be used. For example Mother of Pearl aid in balancing eating disorders and digestive health. Moonstone is another good feminine stone that balances the hormones that are associated with sexual functions. Pascoite is a crystal that tends to increase creativity and passion through the creative forces of sexuality. Fire opal is another great stone that aids in the healing of the sacral chakra. It provides the right amount of energy needed to facilitate change and progress of creative endeavors. It is here where emotions can be felt and changed. Negative emotions can be transformed into light positive feelings. Fire opal can be used to heal the nervous system and stimulate the circulation of chi and blood.

3. The imbalances of energy in the third energy center, the Solar Plexus lead to illnesses such as insomnia, stress, arrogance, bad eating habits, circulation problems, immune system illnesses, and gastrointestinal issues. Crystals that can be used to heal here are yellow, golden yellow and its varying shades. For example Beryl which balances by healing the circulation and immune system. It can also absorb pain. Amber aid in healing the nervous system, purifying the organs, and absorbing negativity. Tiger's eye can also be used to heal mental blocks. Yellow sunstone can be used to balance and heal the solar plexus chakra. Native Indians use this stone in their medicine wheels, as it reflects the suns healing rays. Sunstone has been used to treat ulcers, sore throats, stomach disorders and poison, stress, fear, and fatigue. The sunstone can also be worn as protection against negative forces. Yellow citrine is another great stone that can be used to heal the solar plexus chakra and its associated organs. Citrine is from the quartz family and is used to treat the digestive system and the circulatory system. It also stimulates to heal the thyroid and thymus. Along with that it facilitates the healing of cellular processes in degenerative diseases.

4. The fourth chakra is the heart chakra and any energy imbalances and distortions lead to heart disorders, asthma, coughs, love relationship problems, and emotional issues. The fourth chakra is able to use two color types of healing and stimulating this energy center. Pink and green are the colors for this center. Thus crystals of these colors work well to heal this chakra such as rose quartz, emerald, green aventurine, green jade, green moldavite, . Jade is good to heal emotional issues through dream. This crystal can also heal kidney and adrenal gland problems. Emeralds can heal infections and fevers, and also fears and emotional blockages residing in the heart. Pink ruby dispels negativity but also stimulates the heart energy center and used for disorders of blood flow through the ventricles. Pink ruby also brings the energy of love, and spirituality.

Another powerful crystal is moldavite. It especially works well on the heart chakra, opening it to release emotional pain. It is green in color and considered a stone for the heart and divine consciousness from the higher realms. Rose quartz is another stone that is used to infuse divine love or unconditional love into the heart chakra. Divine or unconditional love is an intense feeling of high vibrational frequencies. These higher vibrational diffuse negative emotional patterns, releasing old hurts and traumas, thus initiating the healing process. Brings balance to love emotions of the higher chakras, the heart, throat and eyebrow and crown. It also reduces heart pain and stimulates the heart. Rose quartz teaches us to let go of past pains, and sorrows and reprogram yourself to love yourself, only then you can learn to love others. Green peridot is another intriguing stone that deals with healing the heart. It acts by balancing and regenerating the heart center. This is done by opening and expanding the heart and gently with love dissolves negative attributes such as jealousy and anger. It can be used to treat other conditions associated with the lungs and spleen.

5. The throat chakra imbalances lead to illnesses such as thyroid disorders, digestive and bowel disorders, communication issues, through speech, blocked feelings can cause heart issues to develop also. The fifth chakra is the energy center dealing with the blue ray. So we can use crystals such as aquamarine which is used to heal and dissolve blocked feelings and phobias. Blue Lace Agate aids in stimulating communication by bringing emotional issues to the forefront through the expression of speech. Blue sapphire is another great stone that can be used to treat ailments associated with the throat chakra, such as communication, especially through the vocal cords, by making enhanced speech. Disorders of the throat can be healed by using blue sapphire. It can also be used to enhance cellular structures caused by damaging of cells through degenerative disorders. Blue topaz is a stone that can be used to help express what one is thinking and feeling in the form of words. Blue tourmaline is another stone that can be used to enhance the creative communication skills. It stimulates the throat center, lungs, larynx, thyroid and thymus and bring about healing of disorders related to these parts.

6. The third-eye chakra when imbalanced causes illnesses such as learning disabilities, lack of interest in life, tiredness, and mental disorders not able to make decisions-uncertainty. The sixth chakra uses crystals such as amethyst and purple fluorite. Crystals that are the color purple and its varying shades. Even dark blue are used sometimes. Amethyst and Lapis Lazuli can be used to heal this chakra. Amethyst is one of the most widely used crystals as it is a transformation stone of the lower frequencies into the higher spiritual ones. Amethyst also brings peace calm and quieting of the mind. This heightens meditative states. It bring focus on the present situations and inspires to make change through new perceptions and ideas. Amethyst also balances the energy flow of the energy centers and energy fields. It is good to heal illnesses of the nervous system, ears, degenerative diseases, head injuries, headaches and mental and emotional disorders. It can also heal arthritis. Amethyst works with the third-eye chakra stimulating the lower brain to vibrate at higher frequencies, to bring about psychic awareness, greater wisdom and understanding. It also heals by going deep within the soul to resolve deep rooted traumas and issues. Purple fluorite is another stone that can be used in the third eye chakra. It brings about a state of calmness and peace by quieting the mind. It connects our mind to the higher

consciousness, bringing in new perceptions and creativity. This is a powerful stone of the new age and its purpose is to develop the intellect, spiritual enlightenment and bring concepts of the new age to the forefront. Fluorite is a crystal that can heal mental and emotional disorders. It is a stone to alleviate human consciousness and assist in the earth's evolution. In meditation it can help clear away past life karma, enhance our minds to experience a higher reality.

7. Lastly, the seventh chakra is the crown chakra and this chakra connects our consciousness to the divine and universal consciousness. It functions on violet and pearly white rays. Health problems that occur at the crown chakra when energy is not balanced are Fibromyalgia, depression, fatigue, eczema, nervous system disorders. Crystals that can be used on the crown chakra, which is the seventh energy field of the body, are; Larsenite crystal opens the crown chakra to stimulate spiritual development. It brings guidance and understanding in stressful situations. Heliodor is another crystal that works to open the crown chakra. It brings one to understanding the oneness of God and the universe and removes the aspect of duality in one's self. Heliodor crystals bring one to a higher wisdom. Colorless Fluorite is another such crystal that activates the crown energy center. It works to purify and balances and vitalizes the human energy field. It also connects the spiritual side to the intelligence, bringing in new understanding. Another crystal that can bring in balance and in the crown chakra is violet spinel. This crystal is good for spiritual development and developing the kundalini energies, its purifying energy removes blockages for kundalini to pass unhindered. Colorless spinel crystal can also be used to activate the crown chakra to enhance the experience and knowledge of mystical and spiritual development. Quartz crystal is another great crystal and is considered a power stone. It can be used to activate all the chakras from crown to root or vice versa. Quartz crystal is able to move its frequencies on all the levels of the color spectrum, the clear quartz shows how the higher frequency of white light can absorb, and dissolve the lower darker shadows that are operating at lower frequencies. In understanding the ascent from the lower chakras to the crown chakra, the clear quartz represents the perfection of the being and the state of perfection that can be obtained.

   Katrina Raphaell says in "Crystal Enlightenment", that,

   "Oftentimes Quartz are cloudy or milky at the bottom and gain more clarity as they reach the terminated peak. This also symbolizes a similar growth pattern in which the cloudiness and dullness of consciousness is cleared as we grow closer to the point of union with our infinite self. Clear Quartz crystals prove that the material plane can and does reach a state of physical perfection capable of containing and reflecting pure white light."

   The universal energy comes in through the chakra and then distributes that energy to all the various organs and body parts of the physical form. Each chakra is a vortex of energy and each vortex has petal like openings in the chakra that correlate to a certain gland or organ. The proper functioning of the chakras are dependent on how energy is metabolized into each chakra and then flowed into each organ and part. This then creates the energy field of our body according to our health patterns, based on our energy flow.

Illnesses, imbalances and disorders occur when the energy of the chakras become distorted or imbalanced. Each Crystal holds a certain energetic pattern operating at a certain frequency. So when a crystal is brought in contact with the physical form it begins to interact and intermingle with the human energy field. Crystals work in balancing out the energy field of the chakras, which in turn affect each body part and organ, thus affecting the energy field of the aura.

Kevin Sullivan says in his book, “The Crystal Handbook”, that,

“Gemstones also have their fields of electrical energy that when worn on the body or carried in close proximity to a person, will affect the body of the person as well.”

New ways of healing are opening to us. As humanity and technology evolve and spiral to a higher level, a paradigm shift is taking place in the healing methods of alternative medicine and conventional medicine. Being a true healer means to approach health through a holistic approach. Meaning to accept all approaches to healing and to realize that true health comes from the inner being. That is bringing true health and well-being from the inner to the outer being. When our inner self is balanced, that is our mental, emotional and spiritual selves are in balance and moving in harmony, then our physical bodies have no choice but to follow in the same state. The holistic approach to health and well-being involves acceptance of all methods of healing.

Chapter 7
Meditations and Crystal Combinations

"All the colors of the rainbow are used in healing. Each color has its own effect in the field of course each color can be used to charge the chakra that metabolizes the color." Barbara A Brennan, Hands of Light

Gridding circle of Rose Quartz

To heal a broken heart or to instill love in your heart. Take seven pieces of rose quartz. Put six rose quartz in a circle and sit in the middle of the circle with a rose quartz in your hands in your lap or in front of you. Make the intention to heal your heart or instill love in your heart. For example, " With this crystal I bring love and light into my heart, into my life. I am loved." Repeat it several times. Now let go of all thoughts. And just breathe in and out. Bring your focus on the rose quartz in your hands, and visualize the rose light enveloping your whole physical form and surrounding you in a circle. Sit in this position for 10-15 minutes or for however long you feel comfortable. You can also play soft meditation music in the background to enhance the experience.

Amethyst Light Meditation

To relieve daily stresses and attain peace and serenity. Take two pieces of amethyst with single terminated ends. Place them in each hand with the terminated ends pointing downwards position so the amethyst energy flows down into the body. Make the intention to quiet the mind and body by saying a positive affirmations such as, "I am at peace in heart, mind, body and soul." Repeat it several times. Now let go of all thoughts and sit or lie in a comfortable position. Begin by breathing in and out several times, feeling relaxed. Visualize a violet purple light emanate from the crystals and flow into the body. Let the violet light move down each chakra from head to root and filling it. Move the light down your arms and fingers and then let it move down your legs into your toes and out your body all coming together in the shape of your body. Stay in this position for 15-20 minutes or for however long you need to.

White Light Meditation

Protection against negative energies. Take nine clear quartz crystals. Lie down in a comfortable position. Place the clear quartz on the seven major chakras, you can tape them into place if you like. The remaining two quartz hold them in each hand. Now make the intention by saying the following affirmation, "With these crystal I am fully protected, loved and without fear." Begin to imagine a ball of white, luminous, light a few inches above your head. Now

imagine the white light pouring out of the ball into your head. Let the white light move down into the crown of your head, down your head, your eyes, your eyebrows, your face, down your throat chakra, into your shoulders and down your arms (first the right arm & then the left). Let the healing white light pour out of each finger. Then imagine the white light move down your front and backs, upper torso, down the spine and your stomach. Take a moment and fill your stomach with light and then move down your legs, into your feet and let the white light pour out of each toe. Then imagine your body's outline emanating, white, and misty light as if in a protective layer. Stay in the white light for 15-20 minutes or for however long you want. You can also play soft meditation music in the background to enhance the experience.

Some Important Stones

Amazonite: A healing stone that aids in eliminating stress, pains, neuralgia, greed, hatred, stimulates creativity and artistic endeavors, good for developing patience and tolerance. Aids in loss and grief issues, sleep disorders, bring joy and gratitude. Amazonite amulet gives protection and clairvoyant abilities.

Amber: Brings success into life, treats boils and infections. Has the ability to pull disease out of the body. Revitalizes internal organs, brings relief to asthma, allergies and respiratory disorders. Strengthens muscles of the heart, and works well in aiding with epilepsy.

Amethyst: Stills the mind and brings clarity and focus to the current situation. Inner peace and serenity is attained. Brings humility, wisdom greater understanding. Transforms the negative energies to positive higher energies. Good for migraines and headaches, and helps from having bad dreams.

Azurite: Motivates high thinking patterns, raises awareness to divine-consciousness. Reveals your higher purpose, brings light into your darker nature.

Bloodstone: Is a purifier of the blood, gives strength to liver, spleen, kidneys. Aids in circulatory problems, especially a good heart healer.

Calcite: Healing characteristics varying according to the color of the stone. Has high calcium content, good for bone development, arthritis, osteoporosis, and mental growth. Pink and white calcite is good for body fluids and heart, red-brown calcite-increases metabolism, green calcite-good for heart issues, blue calcite- good for throat/thyroid disorders.

Carnelian: Stimulates circulation, sexuality, creativity, vitality, courage, forms new blood cells, bleeding gums, digestion, pregnancy, fertility, cysts, stomach pain, all blood disorders, blocked arteries.

Chalcedony: Bring calmness, purity, concentration, increases breast milk and heals breast infections, protects against inflammations and feverish states, aids neck, tonsils and throat disorders.

Chrysocolla: Brings a calmness, calms the nerves, increases tolerance, helps stress, anger, hatred, negative feelings, good bone growth. Eases throat infections, minor burns, cools the skin (helps in fevers).

Chryoprase: Eases heart pain by treating of the hardened arteries, and blood pressure issues, clears thought processes giving new insights.

Citrine: Brings confidence renewed determination, increases metabolism of the stomach area, combats lack of concentration.

Jade: Is a great stone that brings courage and wisdom into your being. It inspires understanding, wisdom, confidence and enhances the self of being by stimulating self-reliancy. Aides in healing illnesses of the kidney ,kidney stones heart, hips and spleen. It is also a great stone to assist in dream recall, it releases emotions that have been repressed through dreaming. It connects one to the Mayan dreamtime. It is also fidelity stone.

Kunzite: Brings love, unconditional love, romance and peace into one's life. Releases emotional blockages from the heart . Removes obstacles from your path. Stimulates and activates the heart energies, intuition, sensuality. It strengthens the physical heart muscles, aids in healing lung and circulation problems.

Lapis Lazuli: Spirituality, detoxify of thoughts and mental clutter, purifies our souls and energy fields. Also releases subconscious blockages from old traumas.

Moonstone: Is a balancer of our emotional states, good for stimulating and balancing the menstrual cycle. Increases femininity and beauty. For men it brings balance to their feminine aspect. Brings a clam sense of being.

Quartz (clear): Brings clarity of thoughts, reduces fevers, swelling of glands, effective for kidney disease. Its white light brings harmony to the soul. Clear quartz is considered a power stone as it brings power of manifestation, and psychic abilities to the forefront. Activates the crown chakra for incoming divine consciousness. Promotes positive thoughts and emotions, peace, light and serenity. It neutralizes negative energies, enchantments, black magic and spells and witchcraft.

Rose Quartz: Brings love, romance, unconditional love, compassion and enables one to forgive and releases old traumas/pains/wounds. Heals the heart through vibrations of love. A sense of inner peace, fulfillment are attained as blockages of fears, sorrows, and resentments are let go.

Selenite: Brings Clarity to a confused state. Stimulates brain functions, increases intuitions, cuts through emotional blockages as a selenite wand, Brings light energy into the form to fight

negative thoughts and emotions. Good for developing telepathy. Combats the effects of aging, such as wrinkles.

Tourmaline: Gives protection to the user, increases charisma, gives strength, expands awareness. There are several different color tourmalines, each having their own healing and metaphysical properties. For example

-Black Tourmaline: Is a protection stone against negative, unseen harmful psychic and physical attacks. It also reduces and neutralizes neurotic behaviours, anger jealousy, hatred, resentments and insecurities.
-Watermelon Tourmaline: Energizes and activates and stimulates the heart chakra, aids in healing of the heart and lungs, emotions and nervousness.
-Blue Tourmaline: Stimulates throat chakra and aids in healing lungs, thymus, thyroid, larynx.
-Green Tourmaline: Aids in weight loss, heals the heart chakra by regenerating the heart energies.
-Pink Tourmaline: Bring in love energy and spirituality, stimulates feelings of joy and gratitude, releasing negative energies by discharging negative thoughts and emotions. Enables one to attain trust and peace.

Some Crystal Combinations

Arthritis Healing: Black obsidian, carnelian, chryscolla, and Rhodonite are a special combination of stones that relieve the physical symptoms of arthritis. Also each stone aids and stimulates the body's joint.

Fibromyalgia Relief: Amethyst, clear quartz, rose quartz and black tourmaline together help to relieve symptoms associated with fibromyalgia. It soothes and heals muscle and nerve pain. Alleviates pain and combats chronic fatigue.

Thyroid Healer: Blue lace agate, chryscolla, citrine, lapis lazuli are a special combination of stones and crystals that aid in managing and regulating the thyroid.

Anxiety Healer: Bloodstone, jasper, magnesite, and sodalite are a special blend of stones to reduce anxiety. Calms the emotions and relieves panic.

Heart Healer: Green fluorite, green jade, bloodstone, pink tourmaline, kunzite and rose quartz are special blend of energy to relieve heart pain and purify the blood and rejuvenate the heart center.

Chapter 8
Your Gemstone Healing Work

Explain to the client how you work. For example the art of healing on a holistic level, is to treat the individual as a whole person by treating the mind, soul and spirit which will eventually heals the physical form. Every individual /client is unique and should be treated in a unique way.

Explain how gemstones and crystals work to heal the energy systems of the human form. Explain the procedures. You, might also explain how long it will take and how much it will cost.

Day of the Gemstone Healing Session

Ask the client if they have had crystal therapy previously. Have them fill out your information sheet, with their contact information, medical history, a list of medications, they are currently takings. Have them sign the release form.

Discuss with the client, his/her lifestyles, eating habits, physical activities and medical history. Ask them their complaint and how it's affecting them emotionally. Ask personal questions that pertain to their complaints. Once you have the info you can begin to plan out a technique to assist them.

A good Gemstone therapist does not need to answer or judge the client. Just listening to them is enough. Gradually the therapist will get to the root of the problem, as he/she peels away the emotional layers.

This is done over several sessions by intuitive diagnosis consultations which is discussing the emotions and thoughts that arise when doing the gemstones healing sessions.

If you are well advanced in reading the auric fields, then you will be able to see the emotional and mental blocks in the aura and can begin to determine what the root of the problem.

Please be aware that that Intuitive diagnosis Consultations with a Gemstone Therapist do not replace conventional medical diagnosis and treatment of psychology. Consult your physician first before meeting with a crystal therapist.

Discuss the different crystal healing therapies, like laying of stones, crystal remedies, crystals in a pouch to carry with you, crystal elixirs, crystal massage, crystal gridding, crystal hydra therapy.

Do a session of 20-30 min. consult how they feel and address any concerns that they might have? Record it in their file.

End the Treatment and Session.

Let them know they did well and that you were happy to work with them. Let them know the session is finished and thank them for coming.
Book next session and payment.
Accept payment gracefully. Ask the client if they would like to book another session.

The End
Dr. Saiyra Akbar D.hlc
Crystal Light Therapist.

Appendix

List of Crystal Treatments

Abdomen: Garnet, smoky quartz, ruby
Abscess : Rose quartz, amber
Acne: Tourmaline,amber, amethyst
Addictions: Amethyst
Allergies: Aquamarine, beryl,zoiste, pearl,amber, hyacinth, turquoise
Anemia: Hematite, kunzite, coral, garnet, ruby
Anger: silver, Chrysoprase, blue Lace agate
Anomie: Apatite, carnelian
Anxiety: Malachite, rhodonite, amethyst, quartz, smithsonite, howlite
Arthritis: Malachite, amber, azurite, carnelian, ruby, calcite
Asthma: Tiger's Eye, zoiste, malachite, rutilated quartz, falcon's eye
Aura Purifier: Lapis Lazuli
Backache: Black obsidian, black tourmaline, pyrite petrified wood
Bedwetting: rose quartz
Bladder Infection: Nephrite, heliotrope, amber, coral, jade, jasper
Blood disorders: Amethyst, chrysolite, jasper
Blood pressure high: blue sodalite, lapis lazuli, chrysoprase
Blood pressure low: Amethyst, ruby
Blood sugar levels low: red jasper, brown jasper,
Bone: Calcite,chrysocolla, labradorite, apatite, smoky quartz
Bone marrow: Chalcedony
Breast feeding: Chalcedony
Bronchitis: Pyrite, tiger's eye, rutilated quartz
Bruises: Amethyst
Burns: Chrysocolla, rock crystal
Calmness: agate, celestite, amethyst, amazonite, smithsonite, blue and yellow topaz
Cancer: Black or multi-colored tourmaline, sugilite, lapis lazuli
Chakra balancer: clear quartz, bloodstone
Chakra opener: kyanite, clear quartz
Circulatory disorders: Turquoise, amber, bloodstone, garnet
Colds: Aquamarine, Pyrite
Concentration: Amethyst
Connective Tissue disorders: smoky quartz
Constipation: Red-brown jasper, beryl, topaz, carnelian
Cramp: Zoiste
Creativity diminished: Nephrite
Cysts: Black Tourmaline, carnelian

Depression: Tourmaline, amazonite, lapis lazuli, kunzite, tiger's eye, turquoise
Diabetes: Citrine, jade, pyrite, moss-agate, moss opal
Diarrhea: Beryl
Digestion Disorders: howlite, yellow jade, jasper, peridot
Discontent: Pearls
Disk pain(back): Rock Crystal
Disorganization: Aquamarine
Dizziness: Tourmaline, emerald, agate, clear quartz
Ear Pains: Rhodonite, amber
Emotional disorders: Moonstone, rose quartz, clear quartz, kunzite, selenite
Energy (low): Jasper
Envy: Olivine
Exhaustion: Diamond, coral
Eye Ailment: Emerald, amethyst, rock crystal, beryl and chrysoberyl, onyx, agate, apatite, malachite
Fear: green calcite, agate, charoitew
Fertility: Moonstone, carnelian, red jasper, rose quartz, smoky quartz, chrysoprase
Fever: Amber, Jade, agate, chryscolla
Gall Bladder: Red-brown jasper, rose quartz
Gastritis: Pyrite, red/brown jasper
Gout: Turquoise, topaz, diamond
Grief & loss: Amazonite, amethyst, rose quartz, zircon
Gums (inflammation): Amber rinse
Hatred: Chrysocolla, selenite, amethyst
Hay Fever: Amber, beryl, carnelian
Headache: Amethyst, rose quartz, amazonite, lapis lazuli, emerald, pearl, tiger's eye
Hearing disorders: Black Tourmaline, onyx
Heartburn: silver, turquoise, malachite, pyrite
Hemorrhoids: Hematite remedy
Hepatitis: Red/brown jasper, pyrite
Homesickness: Beryl
Immune System: Labradorite, lapis lazuli, green tourmaline, olivine, ruby
Impotence: Garnet, red jasper, ruby, rhodonite
Inflammation: Spinel, Carnelian
Insomnia: Sapphire,blue sodalite, amethyst
Inspiration: Sodalite, Blue Topaz
Irritability: Gold Topaz
Jealousy: Black Tourmaline, diamonds
Joint Pains: Azurite
Kidney Problem: Jade, hematite, carnelian, red/brown jasper, nephrite
Labor: Malachite, carnelian, jade
Larynigitis: Chalcedony, blue topaz, aquamarine
Legs: Hematite, amber, chalcedony
Lesions: Peridot

Liver ailments: Topaz, red/brown jasper, rose quartz, citrine, tiger's eye, moss opal, epidote, amber
Love: Malachite, Rose quartz, kunzite, Pink Tourmaline
Lumbago: Amber
Lungs Ailment: Rhodonite, pyrite, olivine, turquoise
Lymph System: Aquamarine
Marital fidelity: Spinel
Memory: Garnet
Menopause: Coral, yellow jasper, moonstone, blue tourmaline, pyrite
Menstrual problems: Pyrite, moonstone, pearl, malachite
Mental Breakdown: Amethyst, rhodochrosite,
Mental Clarity: Heliodor
Motor responses: Selenite, amethyst, apatite
Mouth: Beryl
Metabolic disorders: Citrine, rhodochrosite, pyrite, topaz, amber, zoiste, moss opal, and moos agate.
Migraine: Rhodochrosite, tiger's eye, amber, amethyst, rose quartz
Moral Sense: Jade, Rock Crystal, Azurite
Multiple sclerosis: Tourmaline
Muscle ailments: Rose quartz, black tourmaline, black obsidian
Negative thinking: Chrysoberyl, amethyst, quartz crystal
Nervous disorders: Sapphire, pyrite, citrine, moss agate, moss opal, topaz, tourmaline, sodalite
Nightmares: Heliotrope, chalcedony, rose quartz
Obesity: Red-brown jasper, garnet carnelian, quartz crystals
Pain: Aventurine, dioptase, kunzite
Paralysis: Tourmaline, amber, quartz crystals, selenite, kyanite
Parkinson's disease: Tourmaline
Phobias: Rhodonite, emerald, kunzite, rose quartz, pink tourmaline
Pregnancy difficult: Olivine in olive oil.
Rheumatism: Sapphire, labradorite, sard
Sciatica: Amber , black obsidian, moss agate
Self-Esteem: Chalcedony, gold
Sexual problems: Garnet, rubies, red jasper, carnelian, rhodochrosite
Shingles: Rose quartz
Skin Disorders: Soapstone, moss agate, aventurine, rhodochrosite, onyx
Sleep disorders: Rose quartz, amethyst, hematite, kyanite
Sore throat: Chalcedony water gargle, turquoise, lapis lazuli, chrysocolla
Sorrow: Apatite rose quartz, kunzite, pink tourmaline
Stomach Ache: Malachite, carnelian, red-brown jasper, smoky quartz
Stomach intestinal issues(ulcers): Beryl, topaz, yellow jasper, tiger's eye, red-brown jasper, agate
Stress: Amethyst, rock crystal, chrysocolla, smoky quartz
Stuttering: Pyrite, turquoise, kyanite
Suicidal thoughts: Citrine, amethyst, selenite, quartz crystal, rose quartz

Tension: Light blue stones, chalcedony, aquamarine, sodalite, blue topaz, blue tourmaline, azurite, lapis lazuli
Tonsillitis: Chalcedony, blue topaz, turquoise, aquamarine
Toothache: malachite, aquamarine
Travel (fear of) : Beryl, kyanite
Tumors: Sard, selenite, amethyst,
Varicose veins: amber, hematite, chalcedony, yellow topaz

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Gemstone Therapy Final Exam

1. Crystals are the fruits of the
    a) Universe
    b) Cosmos
    c) Mineral Kingdom

2. Crystals are made by the combining properties of oxygen and silicon.
    a) True
    b) False

3. Crystals have two main characteristics, which are
    a) Soft
    b) Piezoelectric & pyroelectric
    c) Green & Pink
    d) Colorless

4. The misuse of_____ is the reason for the sinking of Atlantis.
    a) Planes
    b) Fire crystals
    c) People

5. In our modern times, our technology does not use crystals to transmit energy.
    a) True
    b) False

6. Crystals come in many shapes and sizes and color combinations and many different frequencies.
    a) True
    b) False

7. The characteristics that help describe and identify a mineral are, color, hardness, density, cleavage, fracture and luster.
    a) True
    b) False

8. Crystals are structured in lattice systems.
    a) True
    b) False

9. Lapidary is the process of _____and_____ gems.
    a) Polishing & Cutting

b) Coloring & protecting
c) Energy & Vibrating

10. If gemstones and crystals are not cut or polished they will be considered
    a) Polished
    b) Cabochons
    c) Rough stones

11. Tumbling barrels are most often seen in
    a) Hexagonal shape
    b) Square
    c) Circle

12. Faceted stones are gemstones with flat facets over the entire surface.
    a) True
    b) False

13. Cabbing is the process of_____ and _____ out gemstones.
    a) Facets & cutting
    b) Cutting & Smoothing
    c) Coloring & Polishing

14. Lapping is used to get
    a) Round Shapes
    b) Square Shapes
    c) Flat surfaces

15. The energy of the crystals amplify the vibrational frequency of the physical form.
    a) True
    b) False

16. The crystals' energy field interacts and intermingles with the vibrational frequency of the
    a) Chakras
    b) Your car
    c) Your work

17. Heart shaped stones can be used to treat
    a) Stomach aches
    b) Kidney problems
    c) Heart issues

18. An important factor in healing with crystals is their
    a) Color
    b) Where they were found

c) Where you buy them from

19. Subtle energy is the energy of the universe.
    a) True
    b) False

20. Subtle energy operates on
    a) Expression
    b) Vibrations
    c) A racket ball

21. Disease starts in the subtle bodies.
    a) True
    b) False

22. Intention is the catalyst, the moving force behind all actions and manifestations.
    a) True
    b) False

23. Creating an intention to heal is the first step for healing to occur.
    a) True
    b) False
    c) None

24. Healing diseases, mental traumas and disorder can be done by the diligent use of crystal therapy.
    a) True
    b) False
    c) None

25. Laying of stone is the process of putting gemstones on
    a) Feet
    b) Hand
    c) Chakras
    d) Your Room

26. The color of the gemstones is matched to the color of the energy center (chakra).
    a) True
    b) False
    c) None

27. Illnesses, imbalances and disorders occur when the energy of the chakras become _____
    a) Fast

b) Distorted & Imbalanced
c) Balanced

28. Being a true healer means to approach health through a
    a) Holistic Approach
    b) Alternative Healing
    c) Going to a Hospital

29. What color crystals can you use for the heart chakra?
    a) Blue
    b) White
    c) Green
    d) Black

30. Which gemstone is good to heal the sacral chakra?
    a) Carnelian
    b) Green Jade
    c) Blue Calcite
    d) Black Obsidian

31. What color is the eyebrow chakra?
    a) Turquoise
    b) Orange
    c) Yellow
    d) Violet Purple

32. What crystal can I use for the crown chakra?
    a) Clear Quartz
    b) Lapis Lazuli
    c) Turquoise
    d) Garnet

33. Which gemstone is good for the root chakra?
    a) Smoky Quartz
    b) Angel Aura
    c) Azurite
    d) Green Aventurine

Gemstone Healing Intake Form

Date:

Time:

Client Name:

Age:

Sex:

Weight:

Height:

Chief Complaint:

When It Happened:

Client's Emotional State When It Happened:

Anger:(liver/gallbladder)

Joy/Anxiety/Manic/Depressed:(Heart, Small Intestines)

Grief/Sadness: (Lungs, Large Intestine)

Worry/Overthinking: (Spleen, Stomach)

Fear: (Kidneys, Urinary Bladder)

Shock/Fright :(Heart, Kidneys)

Which Gemstone Treatment Will You Use :

Crystal Massage:

Gem Elixir/Essence:

Chakra Balancing:

Aura Cleansing

Other treatments done: (crystal pouches)

Name Crystals used in treatment:

Chakra Balancing Evaluation:

I feel:

What thoughts come to mind:

What feelings come to mind:

I see :

I know:

Client Advisory to Consult a Physician

It is important that you must consult a physician for any serious medical conditions you may have. This is a disclaimer stating that you have sought the advice of a qualified medical doctor. You are allowing me privilege and permission to your ongoing health and wellness treatment. The following is an informed consent for treatment please read carefully and sign the following statement:

I consent to the given gemstone and crystal healing therapies and procedures associated with it. I understand the method of treatments may include but are not limited to: Laying of crystals on the body or in grid around me, crystals used for meditation, elixirs, oils or other treatments. I have been informed that crystal healing is a safe method of treatment, but that it may have some emotional disturbances as emotional blockages are released. I will notify my therapist if I am or become pregnant. I do not expect my therapist to be able to anticipate and explain all possible risks and complications of treatments and I wish to rely my therapist to exercise judgement during the course of treatment, which they think, based upon the facts then known, is in my best interest.

I understand that insurance does not cover this type of therapy. All patients may receive a bill and upon payment a receipt.

Patient Confidentiality as required by state law is maintained at all times. I understand that all of my information will be kept confidential and will not be released to any party without my written consent.

By signing below I show that I have read, or have read to me, this consent to treatment, have been told about the risks and benefits of crystal healing and other procedures, and have had an opportunity to ask questions. I intend this consent form to cover the entire course of treatment for my present condition and for any further condition(s) for which I seek treatment.

We the undersign, do affirm
that_____

(Print Client Name)

Has been advised by _____ to consult a primary care physician regarding any condition or condition for which you are seeking treatments.

_____

_____

Client Signature Date

_____
_____

Therapist Signature Date

Answers to Final Exam

1.Mineral Kingdom

2.True

3. Piezoelectric & Pyroelectric

4. Fire crystals

5. False

6. True

7. True

8. True

9. Polishing & cutting

10. Rough stones

11. hexagonal shape

12. false

13. Cutting & smoothing

14. Flat surfaces

15. True

16. Chakras

17. Heart

18. Color

19. True

20. Vibrations

21. True

22. True

23. True

24. True

25. Chakras

26. True

27. Distorted and imbalanced

28. Holistic approach

29. Green

30. Carnelian

31. Violet purple

32. Clear quartz

33. Smoky Quartz